



April 2008

Marlboro Senior Activities

1996 Recreation Way, Marlboro, NJ 07746

(732) 617-0100



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 AARP Defensive Driving 9:00am Strength 9:00am Intermediate Cardio 10:15am Gentle Fitness 11:30am Free Bingo 1:30-3:00pm	2 AARP Defensive Driving 9:00am Total Body 9-10am Do you Knit or Crochet? 10-11am Tai Chi 10:30am Blood Pressure 11:30am Ping Pong 12-1pm	3 Strength 9:00am Intermediate Cardio 10:15am Beg. Ballroom Dance 11:30am Int. Ballroom Dance 12:15pm NO Dabbling in the Arts	4 Yoga 9-10am Inter. Canasta 10:00am Short Stories 10:15am “The Wall” by Jean Paul Sartre
7 Walking Club 8:00am NO Beginning Canasta Tai Chi 10:30am Beg. Cardio 11:45am Knitting 1-3pm Computer Class Session IV 4-5pm	8 Strength Training 9-10am Intermediate Cardio 10:15-11:15am Gentle Fitness 11:30	9 Total Body 9-10am Breakfast Club 9:15am Trip “The Glass Menagerie” Two River Theater 9:45-4:15pm Do you Knit or Crochet? 10-11am Tai Chi 10:30am Ping Pong 12-1pm	10 Strength Training 9-10am Intermediate Cardio 10:15-11:15am Beginner Ballroom Dance 11:30-12:15 Intermediate Ballroom Dance 12:15 Dabbling in the Arts 1-3pm	11 Yoga 9-10am Inter. Canasta 10:00am Remarkable People 10:15am Mark Twain Dinner Dance Concert 5:00-8:30pm
14 Walking Club 8:00am Beginning Canasta 10am-12pm Tai Chi 10:30am Beg. Cardio 11:45am Knitting 1-3pm Computer Class Session IV 4-5pm	15 Strength Training 9-10am Intermediate Cardio 10:15-11:15am Gentle Fitness 11:30 Great Decisions 1-2pm	16 Total Body 9-10am Tai Chi 10:30am Do you Knit or Crochet? 10-11am Ping Pong 12-1pm ‘Advance Medical Directives’ Seminar 12-2 pm	17 Strength Training 9-10am Intermediate Cardio 10:15-11:15am Beginner Ballroom Dance 11:30-12:15 Intermediate Ballroom Dance 12:15 Dabbling in the Arts 1-3pm	18 Yoga 9-10am Intermediate Canasta 10am
21 No Senior Programs	22 No Senior Programs	23 No Senior Programs	24 No Senior Programs	25 No Senior Programs
28 Walking Club 8:00am Beginning Canasta 10am-12pm Tai Chi 10:30am Beg. Cardio 11:45am Knitting 1-3pm Computer Class Session IV 4-5pm	29 Strength Training 9-10am Intermediate Cardio 10:15-11:15am Gentle Fitness 11:30	30 Total Body 9-10am “Last of the Red Hot Lovers”  Hunterdon Hill Trip 9:00-5:30pm Breakfast Club 9:15 Do you Knit or Crochet? 10-11am Tai Chi 10:30am Ping Pong 12-1pm		